



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Statistics Report 20025, Cornmeal, yellow, self-rising, degermed, enriched

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	10.17	--	0.217	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Energy	kcal	355	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Energy	kJ	1485	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2008
Protein	g	8.41	--	0.079	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Total lipid (fat)	g	1.72	--	0.106	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Ash	g	4.91	--	0.039	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Carbohydrate, by difference	g	74.79	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Fiber, total dietary	g	7.1	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/1994
Minerals													
Calcium, Ca	mg	350	--	5.142	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Iron, Fe	mg	4.73	--	0.163	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Magnesium, Mg	mg	49	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989

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Phosphorus, P	mg	623	--	8.900	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Potassium, K	mg	170	--	7.475	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Sodium, Na	mg	1348	--	47.041	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Zinc, Zn	mg	1.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Copper, Cu	mg	0.130	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Manganese, Mn	mg	0.105	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Thiamin	mg	0.678	--	0.025	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Riboflavin	mg	0.387	--	0.016	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Niacin	mg	4.566	--	0.196	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Pantothenic acid	mg	0.312	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Vitamin B-6	mg	0.390	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Folate, total	μg	233	--	--	--	--	--	--	--	--	Calculated or imputed	20022	05/2003
Folic acid	μg	202	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2008

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, food	µg	31	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Folate, DFE	µg	374	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2008
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	10/1989
Vitamin A, RAE	µg	11	--	--	--	--	--	--	--	--	Calculated or imputed	20022	06/2008
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Vitamin A, IU	IU	214	--	--	--	--	--	--	--	--	Calculated or imputed	20022	06/2008
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Lipids													
Fatty acids, total saturated	g	0.234	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
12:0	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
14:0	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
16:0	g	0.194	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:0	g	0.026	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Fatty acids, total monounsaturated	g	0.429	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989

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16:1 undifferentiated	g	0.005	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:1 undifferentiated	g	0.424	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Fatty acids, total polyunsaturated	g	0.739	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:2 undifferentiated	g	0.719	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:3 undifferentiated	g	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	10/1989

Amino Acids

Other